

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**LISTING OF CLAIMS:**

1-97. (Canceled)

98. (New) A method for supplementing the diet of a human comprising, orally administering a dietary supplement comprising, effective amounts of protein and a compound which mimics or enhances insulin activity to enhance muscle size and strength.

99. (New) The method of claim 98, wherein the compound is an inositol or a derivative of an inositol.

100. (New) The method of claim 99, wherein the compound is selected from the group consisting of myo-inositol, d-myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.

101. (New) The method of claim 98, further comprising an effective amount of at least one ingredient which increases nitric oxide production in the body.

102. (New) The method of claim 100, wherein the at least one ingredient is selected from the group consisting of ginseng, L-arginine, N-acetyl cysteine, glucomannan, and folic acid.

103. (New) The method of claim 98, wherein one serving of the supplement is about 28 grams and the supplement is administered more than once daily.

104. (New) The method of claim 98, wherein one serving of the supplement provides about 20 grams of protein and about 3 grams of carbohydrates.

105. (New) The method of claim 98, wherein one serving of the supplement further provides about 1.5 grams of fat.

106. (New) The method of claim 98, wherein said protein comprises at least whey protein.

107. (New) The method of claim 89 wherein said protein is selected from the group consisting of whey protein, whey peptides, milk protein, casein, albumins and soy

108. (New) The method of claim 98, wherein the supplement is a powder.

109. (New) The method of claim 98, wherein the powder is mixed with a liquid to provide a drink.

110. (New) The method of claim 98, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine, and acetyl-L-carnitine.

111. (New) The method of claim 98, wherein the dietary supplement is administered immediately after an exercise period.